



MY YOGA
MY WAY

APRIL

SELF EXPLORATION

Hello MYMW Community!

Last month we encouraged the idea of Seeking Self-Care. Taking moments throughout your day or week, no matter how small a time, to bring balance to the mind or body. That could be meditation, some lightly held stretches or some lovely deep even breaths, all of which can help bring balance to the mind and body ultimately fostering that all important self-care.

An extension to seeking self-care is self-exploration...from a yoga perspective it's about approaching your practice as a true beginner and building confidence in the little things. Allowing the imperfections to happen knowing that with time will come alignment, ease and growth.

Often during class you will hear me offer you a "it's your practice" and I truly mean that. I am your guide to helping find your own yoga practice. That doesn't mean that I'm not interested in developing your practice...in fact it's the opposite. By you moving through sequences, choosing what feels good, or not, within the body, confidently acknowledging where your limitations are each time and being comfortable at what your body is telling you on the day is the greatest part of self-exploration. You are allow the process of self exploration to guide you to your best moments of yoga goodness.

Aprils Affirmation

I will explore my movement with curiosity

So what can you do in your yoga practice that will enhance your openness to self-exploration:

Notice Your Thoughts | Expand Your Self Practice | Be Curious | Be a Beginner

Some poses that can help get you get comfortable with the concept of self-exploration...

Warrior 3 | Humble Warrior | Seated Forward Fold | Wide Leg Childs Pose | Malasana (Yogi Squat)

Enjoy the journey of yoga...enjoy the feelings, sensations and emotions that arise when you practice. Accept the nuances that make your yoga truly yours and always bring that self-exploration on to the mat...whether that with yourself at home or with me during a class.

A Mantra I would invite you to repeat to yourself in your moments of stillness:

I Am My Own Teacher

Classes and Current Changes

Wellness @ Work Programs

If you think that your workplace could do with a bit of relaxation through a bespoke yoga/meditation program while highlighting some important topics of wellness in the work environment, then perhaps consider one of my Corporate Yoga Programs.

Email me at yogathingsoffice@gmail.com if you would like some more information on my 5 or 10 weeks programs. Everything is included, I come to your place of business to conduct the sessions and you and your team simply have to show up!! Would love to hear from you or your relevant department lead.

LIVE Online Zoom Classes

I offer a few classes during the week that you can do from the comfort of your own home. Sometime getting to a class or to a studio is not convenient and can be expensive, especially if you are just starting out on your self-exploration practices.

All Online Classes are \$10pp. There is something for everybody: Everyday Mat Yoga, Yin-Yin Evening Yoga, Sunrise Morning Yoga...choose one that suits your schedule! Book your Online Class [HERE](#)

Go With the Flow - Beginners Yoga

Wednesdays @ 7pm - Deception Bay Community Hall - \$15pp

Fridays @ 9:30am - (Partnership Program) The Community Place Kalinga - \$5pp

Saturdays @ 9:30am - Narangba Community Hall - \$15pp

Book your mat space [HERE](#) or simply walk in on the day - Tap N Go or Cash Accepted

A Mindful YOU - Meditation Series

Fridays @ 6pm - Deception Bay Community Hall - \$20pp

Limited numbers for this class that only runs until Friday 10th May...10 people per class

Booking through website is essential to secure your spot. Book [HERE](#) if you would like an hour of guided breath work and meditation.

Early Risers Yoga @ Home - Online Class

Currently on hiatus - Classes will resume Saturday 20th April @ 7am -
Online Class - FREE

Class times are ready to book online and bookings are essential for this class, in order to receive the Zoom Class Link.

Book [HERE](#) is you'd like to join your fellow online yoga community.

Please note, that you do not need to be a local resident to attend this class. Wherever you are in Australia, feel free to join the class, simply change the timezone to the one that suits you when booking.

Stay Connected

Until we meet on the mat, please dedicate some time to starting your self-care practice or nurturing your already established routine. Know that taking that all important time out for yourself will not only change how you live and approach your life's path, but it has a beautiful ripple effect on those around you too....

Move regularly in a way that feels good for you and take some time out to breathe deeply inviting lovely fresh energy into your body...you deserve it.

With Gratitude,
Lauren

PS: If you have been attending my classes regularly, I would love it if you could help further support My Yoga My Way by leaving a Google Review. Reviews from amazing customers like yourself are an invaluable boost and support for me and my business. If you have the time, please click [HERE](#) to start your review.

MY YOGA MY WAY

WITH LAUREN

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CREATING COMMUNITY THROUGH YOGA

